



January 28, 2010

FOR IMMEDIATE RELEASE

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James City County Parks and Recreation February 2010 News, Events, Classes & Activities

Special & Family Events

Destination Recreation Expo & Community Center Open House, FREE!

Saturday, February 20, 9am-1pm

James City/Williamsburg Community Center

Come learn about all the recreational programs and services available to you and your family through James City County Parks and Recreation!



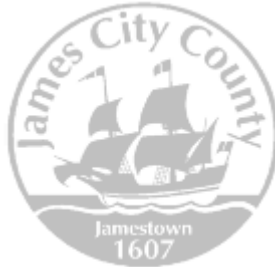
This one-day, one-stop Expo is also your opportunity to register early for summer camps! There'll be games and activities to keep your children entertained while you gather information about Rec Connect, sports classes and leagues, aquatic and inclusion programs as well as parks and facilities. Center tours, exhibits, informational booths,

fun and interactive demonstrations, hands-on activities and much more! All local athletic leagues will be represented. Info: www.jccEgov.com/recreation or 259-3200.

James City County Parks and Recreation Great Photography Contest

Deadline is Wednesday, February 10.

Submit your winning photo for the cover of the Parks and Recreation 2010 Summer Activity Brochure! In honor of July Is Parks and Recreation Month, we're seeking your great photos taken in our parks, during our programs or within our facilities. Procedure forms are available at the Community Centers, the Satellite Services Office in Toano, and online at www.jccEgov.com/recreation under "Upcoming News and Events."



Youth

Rec Connect – Summer Camp, Before/After School Programs

Registration for Summer Camp and the Before and After School Program 2010 - 2011 begins **Friday, February 5 for residents only**. \$35/child initial registration fee for James City/Williamsburg residents plus weekly payment fees. All others can register February 12, non-resident fees apply. All Rec Connect registration forms, program information and fees are available for download at www.jccEgov.com/recreation or call the Rec Connect Info Line at 259-3170. Discounts of 15-75% are available to any qualified resident based on total income. 259-5416.

Preschool

U Can Play, Too – Piano Lessons (ages 7-12)

Ages 7-9: Sat., Feb. 6-27, 9-10am

Ages 10-12: Sat., Feb. 6 -27, 10:15-11:15am

\$55/session; \$50 for James City/Williamsburg residents

Piano & Organ Outlet, 6316 Richmond Road

Explore and play while learning the Alfred method on digital pianos. Your child will have a blast exploring their natural abilities at their own pace.

Info: www.jccEgov.com/recreation or 259-3200.

Teens

Night of Illusion (grades 6-12)

Sat. Feb. 6, 5-10pm

\$45; \$40 for JC/W residents

James City/Williamsburg Community Center

Travel with us to the Ferguson Center for the Arts in Newport News to see this show of cutting edge illusions and spectacular lighting and music. Experience magic for yourself as the audience participates in this powerful theatrical event.

Info: www.jccEgov.com/recreation or 259-3200.

Red Cross Babysitting Course (ages 12+)

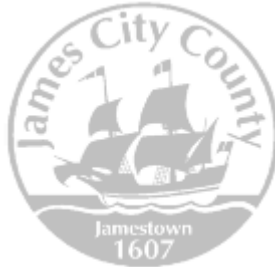
Sat., Feb. 27, 10am-2pm

\$75; \$70 for JC/W residents

James City/Williamsburg Community Center

This course covers all the basics of babysitting – childcare, fire and home safety, first aid plus learn how to set up your own business. At the completion of the class, receive a babysitter's textbook, babysitting certificate, and first aid kit.

Info: www.jccEgov.com/recreation or 259-3200.



Inclusion/Specialized Therapeutic Recreation

Buddy Art (ages 6+ with special needs), **FREE!**

Sat., Feb. 6, 13, 20 & 27, 3-4pm

James City/Williamsburg Community Center

This multimedia workshop provides participants one-on-one volunteer Buddies from the College of William & Mary who provide individualized attention and assistance. Offered in partnership with *This Century Art Gallery*. Info: Karen Schwartz at 565-2795 or by email at karenschwartzart@cox.net. To learn more visit: www.thiscenturyartgallery.org/BuddyArt/Buddy_Art.htm.

Adults/Special Interests

Bellydance – Circles, Slides and Shimmies (ages 13+)

Mon., Feb. 1- 22 7-8pm

\$40; \$35 for JC/W residents

James City/Williamsburg Community Center

This session will focus on circles, twists, slides and “shimmies” that everyone expects to see when they think of bellydance! No previous dance experience required.

Info: www.jccEgov.com/recreation or 259-3200.

PhysioBall Class FREE!

Tue., Feb. 9, 12:30pm

James City/Williamsburg Community Center

Presenter Dr. Haley Lauckern of Performance Chiropractic has extensive training in the latest chiropractic, ergonomic and soft tissue techniques. This 45-minute class will get your heart rate up, strengthen and tone your core muscles and can be adapted for use in your own living room. Appropriate for any level of fitness. Balls provided. Wear loose, comfortable clothing. . Must pre-register. Visit www.performancechiropractic.com or call Debbie Post at 259-5372 for more information.

Posture Screenings FREE!

Thurs., Feb. 11, 6-8pm

James City/Williamsburg Community Center

Presenter Dr. Michelle Booth of Pinto Chiropractic and Rehabilitation can evaluate your posture from head to toe and show you the proper way to stand which decreases abnormal wear and tear on the joints. Info: www.jccEgov.com/recreation or 259-3200.

R.A.D. Basic Physical Defense FREE!

Tues./Thurs., Feb. 16, 18, 23 & 25, 7-9pm & Sat., Feb. 27, 9am-1pm

Could you effectively defend yourself if attacked? The R.A.D. system is a program of realistic, self-defense tactics and techniques. A comprehensive course for women that



begins with awareness, prevention, risk reduction and avoidance, while progressing to the basics of hands-on defense training. This is not a martial arts program. Each 12-hour course includes a manual, hands-on training, and instruction by R.A.D. certified JCC Police Officers. Must be able to attend all 5 sessions. Info:

www.jccEgov.com/recreation or 259-3200.

High School Athletes and Chiropractic, FREE!

Monday, Feb. 22, 6:30pm

James City/Williamsburg Community Center

Chiropractics can benefit people of all ages, especially students who sit most of the day in class and then engage in athletic activity. See how chiropractics can reduce the stress on your body, reduce chance for injury and even help your game! Pre-registration required. Info: www.jccEgov.com/recreation or 259-3200.

Health & Wellness

Arthritis Foundation Exercise Program - Level I & Level II

Level I is a chair-based, low-intensity class that promotes joint flexibility, muscular strength, endurance, coordination and range of motion. Level II is moderate intensity and is designed to enhance your cardiovascular conditioning, range of motion, flexibility, muscular strength, endurance and coordination. For class times, schedules and fees, stop by the JCWCC Front Desk or visit www.jccEgov.com/recreation.

Aquatics

Learn To Swim Programs

Open registration will be held February 8- 27. Register only for the one course you need! After you have successfully passed a class, you can register for the next level during the two-week open registration periods. If you're unsure of your or your child's swimming needs or level, FREE swim evaluations will be held on Wednesday, Feb. 24, 4:30-6:30pm at the JCWCC. 259-4185.

American Red Cross Lifeguard Training Course (ages 15+)

Mon.-Thurs., Feb.15-25, 4-8pm & Saturdays, Feb. 20 & 27, 9am-5pm

\$205; \$200 for JC/W residents

American Red Cross training makes learning fun and easy. Learn surveillance and rescue skills, First Aid and CPR. Participants must pass a pre-class swim test.

Classes will be held at JCWCC and Eastern State Hospital. Class meets at JCWCC on the first day. Participants must attend EVERY class to obtain certification. Fee includes all necessary equipment. 259-4185.

TO REGISTER: Online at www.jccEgov.com/recreation or visit the James



City/Williamsburg Community Center (JCWCC), 5301 Longhill Road, the James River Community Center (JRCC), 8901 Pocahontas Trail/Rt. 60 or the Satellite Services Office, 3127 Forge Road in Toano. By phone, call 887-5810, M-F, 2-8pm and on weekends, 1-6pm.

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